

ABSTRACT

5 The methods of the invention can be used to protect against lymphocyte DNA
damage and free-radical associated disorders in a subject. The methods of the present
invention can be used to increase the antioxidant capacity in both the aqueous and lipid
compartments, decrease DNA oxidation, decrease lipid peroxidation, and increase
antioxidant nutrient levels in the circulation. The protective effect of the physiologic
10 dose of the mixed carotenoid supplement is rapid, consistent and cumulative.

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